

## ABSTRACT OF THE DISCLOSURE

A habit cessation aide includes a timer to determine the interval between starting a habitual act, a display for displaying messages in operative connection to the timer, and a strap for securing to a user's body. A widely held habit is smoking, for which the illustrated embodiment is directed towards. The habit cessation device also includes an alarm, which may be auditory, vibratory, or a combination. As shown, the device is in the form of a wristwatch and also functions as a standard wristwatch and includes features such as calculating and displaying items including at least time, date, and elapsed time. Depending upon the frequency of cigarette smoking, signaled by the push of a specialized button, different messages are displayed, such as encouraging, statistical or informational, to help the user quit the habit.